

E S K I M O

COOK BOOK



R. Settmona

Prepared by Students  
of  
Shishmaref Day School  
Shishmaref, Alaska

Published exclusively

by

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### Consent to Print Eskimo Cook Book

We, the students of the Shishmaref Day School, do hereby give our consent to The Alaska Crippled Children's Association of Anchorage, to print and sell copies of our Eskimo Cook Book. We agree to share the profits with the Alaska Crippled Children's Association.

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Christine Barr	Stephen Seetomona
Lorena Seetomona	Roy Okie
Edna Tingook	John Kiywtelluk

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### The Story of the Cook Book

(1)

We had talked about the foods we needed for good health. We listed foods that were available here - native foods. I asked how they were prepared-how mother cooked them-how did they keep the food gathered in summer for winter use.....

The names were fascinating. I suggested we make a cook book so that others would know how to prepare this food.

One little lad sputtered, "Eskimo don't have cook books!" I informed him that long ago white man didn't have cook book, then told a story of how cook books first started. How the old cook books written by hand were so very much prized.

I asked if each one would bring in a recipe or little story of how mother cooked the meat, fish or other foods used. The response was very slow at first but as recipes were read then others tried too.

They were offered points in their school contest for bringing in a recipe. Soon we had enough to start our little book. It has been so successful that the Alaska Crippled Childrens Association has produced many thousands of copies and requests come in daily from all over the United States. This project has given the children many interesting contacts.

Isabelle B. Bingham-A.N.S. Teacher.

(2)

Native Plants

Seu-rah (*Salix pulchra*) -willow

Ah-sak-luk (*Aerneraria Pepleides*) -grows on beach

Mah-zee (*Hediparem alpimen*) -Eskimo potato  
var Americanum found along river  
banks far up Serpentine

Na-zak-meek-tak (*Pedicularis*) -Bumble Bee  
(*Lavata* ) Flower

Ah-leweokuk (*Rumex Arctica*) -wild chard

Keep-ming-yuk (*Vaccinium*) -low bush  
(*Vitus idaea*) cranberries

Ah-zee-uk (*Empetrum Nigrum*) -Blackberries

Sue-wuk (*Vaccinium uliginosum*) -Blueberries

Akpik (*Rubus Chamaeoneous*) -Salmonberries

Pik-nick- (*Eriophorum Augustifolium*) -mouse  
leaves

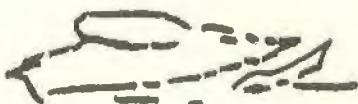
(3)

Ee-vee-ak-luk (*Sedum roseum*) -green leaves  
of plant

Ee-ku-tuk (*Sedum roseum*) root of plant

Cah-ak (*Polygonum bistorta* or  
*vivaparum*) -root used.

Thanks to Miss Christine Heller for the  
above information.



(4) Cranberries (kee-nee-nach)

Put the cranberries in a pan and add water. Bring them to a boil. Then mash them, mix flour and water and add to the cranberries. Also add sugar while they are boiling.

Agnes Kiyutelluk.

Blueberries

Put blueberries in a pan and add water. Bring to boil; add sugar and make jam.

Johnnie Weyiouanna.

Lincod Eskimo Ice Cream

First cook and boil the lincod with water in the pot and no salt. Remove all the bones from the fish and break the fish into small pieces. Dry the pieces for a while and mix these with Eskimo ice-cream. Add seal oil once in a while and as much water as you need.

Augustine Tocktoo.

Ahzeeach and Ahlowe'-kuk

(5)

Cook ah-lowe'kuk until very soft. Then put seal blubber in. Then you put aside to cool. Remove pieces of blubber and mash with the Tuh'gooh. When it is all cool put into poke. When ahzeeach are ripe we gather the berries. We take ahlowe'-kuk from the poke and mix the two together and put them in a poke again.

Peter Tocktoo.  
E.T.,

Buegwakuk

We find them by mountain side. Its hard to find them, but we find them by the grass. They are fine to eat. Their little different than salmon berries. They are red. We pick them up and eat them.

John Kiyutelluk.

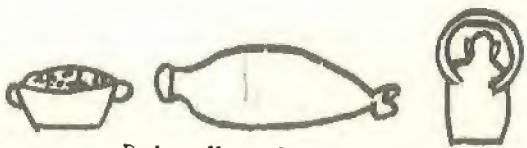
Tomcod Liver (Tingood) and berries

Put tomcod liver in a pot and cover with water. Cook until thick and soft. Always stirring occasionally until it is cold. Add salmonberries as much as you want and add sugar for a taste. Stir and mix.

Agnes Kiyutelluk.

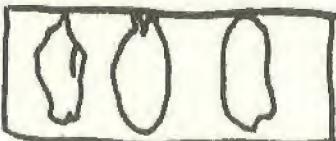
(6) Ah-pick (Salmon berries)

First we pick the salmon berries in dippers or pots. After the pot or dipper is full, put them into Amouk (Eskimo bag for carrying berries made of seal skin). When the amouk is full of salmonberries, take home and put in a big pan ready for putting in a seal poke. When the poke is full, tie the poke with string. Save for winter in any cold place.



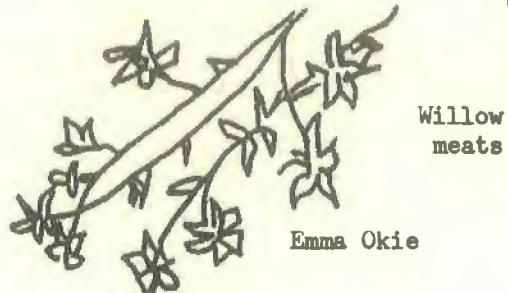
Storing Salmon Berries

Put a little willow into a pit about 18 inches deep. Put as many pokes as it will hold in one pit. This is the way it should be- (Picture)



Raymond Seetomona

(7)



Willow Meats

Inside of barbirch there is something that is yellowish. That is called the meat of willows. They are very good to eat. People eat it with sugar and seal oil. First clean off the barkbirch from the meat of the willow. There is also soft green barkbirch inside of outside barkbirch. Never eat green stuff on willows. Often times, we use a knife to scrape off the barkbirch. I don't think they use oolo for scraping out the barkbirch.

Augustine Tocktoo.

Oolo



Eskimo knife



(8)

### Eskimo Ice Cream

Grate reindeer tallow into small pieces. Add seal oil slowly while beating with hand. After some seal oil has been used, then add a little water while whipping. Continue adding seal oil and water until white and fluffy. Any berries can be added to it.

### Sue'wok (dried salmon eggs) and berries

When the salmon eggs have dried, put in a dish and mash them. Mix with cold water and seal oil until smooth. Add black berries when you are ready to serve.

### Eggs (Duck or sea-gull)

Put eggs into boiling water and cook until done. Drain. Cool eggs in cold water.

Morris Kiyutelluk  
Stewart Tocktoo.



(9)

### Conch (nogunut)

Take the shell off and cook in water. Remove the white things we call brains. Boil them.

Stephen Kiyutelluk.

### Tomcod (boiled)

Place tomcod fish in cooking pot. Add water and salt. Boil.

Johnnie Weyiouanna

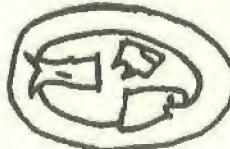
### White Fish

Cut white fish into pieces. Place in cooking pot with water and salt. After the fish is cooked, put it on a plate.

Stewart Tocktoo.



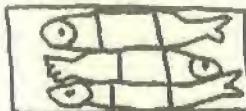
Stewart Tocktoo.



(10)

White Fish (dried)

Place white fish in pan. Sprinkle with salt. Fry in the oven. When fish are cooked, they will have oil on the bottom of the pan.



Agnes  
Kiyutelluk

Salmon (fried)

Wash the pieces of salmon, cover with flour. Sprinkle with salt. Add onion around the salmon. Place on a greased pan and fry in the oven.



Agnes  
Kiyutelluk.

Flounders (fried)

Sprinkle the herring with salt. Fry them in the oven. Not too long.

Morris and Marion.

Herring (fried)

Sprinkle the herring with salt. Fry them in the oven. Not too long.

Morris and Marion.

Salted Herring Fish  
(Eloc-pa-id)

(11)

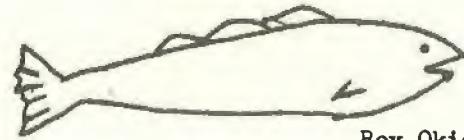
Cut off the heads of the fish, wash the fish, and put a layer on the bottom of the barrel. Cover with rock salt, then put more herring fish and more rock salt in until the barrel is filled. Cover tightly. Use in winter-time. Take out as many herring as needed, rinse in water until herring loses the salty taste.

Nellie Okpowruk.

Shee Fish (fried)

Sprinkle shee fish with flour, salt and pepper. Put in pan with lard. Cook for thirty minutes.

Nellie Kigrook.



Roy Okie

Dried White Fish

Hang white fish on drying racks. After they are dry put into pokes with seal oil, and keep them for winter use.

Stephen Kiyutelluk

(12)

### Boiled Smelts

Clean smelts, put them into a pot. Cover with water. Add salt to taste and boil a few minutes.

Frank Avessuk.

### Kahne-zoo'-wuk-Bullheads (boiled)

Wash the bullheads, put them in cooking pot of water and salt. Cook about 15 minutes.

Elmer Seetomona.

### Flounders (baked)

Put blubber oil in the pan. Put in the Flounders. Sprinkle with salt and pepper. Put in the oven to cook. Bake about 20 minutes.

### Frozen Flounders

After the flounders are caught, let them freeze. Eat as much as you want of it.

Marion Olanna.



Flounders



Bull-head

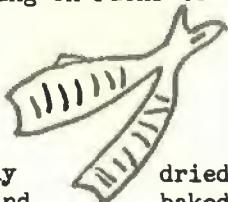
David Sockpick  
and Baker Ningelok.

(13)

### Dried Salmon

Split salmon, cut off head and remove backbone. Cut gashes in red part of salmon leaving skin whole. Wash, hang on racks to dry.

Stewart Tocktoo.



dried,  
baked.

### Baked Dried Salmon

Sometimes the salmon is partly then taken in, put in a pan and

### Salted Salmon

Split salmon. Cut off head and remove the backbone. Wash them. Put layer of salmon on bottom of barrel, cover with rock salt, then more salmon and more rock salt until barrel is filled and packed tightly. Use in winter time. Take out as many salmon as needed, rinse off salt, let soak in water, changing the water until the salmon loses the salty taste.

Stewart Tocktoo.

(14)

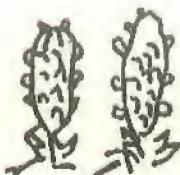
Greens



Asak-luk

We pick asak-luk in the summer time. Place it in a dishpan and pour boiling water over it. Store in barrel or poke. In winter time eat it with sugar. Asak-luk grows in sandy places.

Alma Nayokpuk.



Na-zek'meek-tak

This plant is reddish with pink and green flowers. We pick it from the ground. Clean and wash the plant. Put them in a seal poke and pour water on them. We keep it for winter when it is all frozen. We cut it into pieces from the poke. We put it into a big bowl and add seal oil and sugar when it is ready to serve.

Elsie Tocktoo.

Ah-lowe-kuk

(15)



Agnes  
Kiyutelluk

Ah-lowe-kuk

The long green leaves of the Ahlowekuk plant grow in wet ground. We pick them in the middle of summer. They are cut in small pieces and put into cooking pot. Add one-third water. Boil about one hour. Stir while they are boiling. Then add more leaves until mixture is thick. Cool. Stir while cooling. Serve with sugar and seal oil.

Laura Sockpick

(16)

Pick'niek (mouse food)

Some people dig Pick'niek. They are of a plant. They wash them first. We eat them with seal oil. They are good. They taste like sugar. They are very good with seal oil. Maybe the white men don't like them.

Christine Barr.

Mazue' (Eskimo potato)

We find this plant up the Serpentine River. We use the roots. They are brown outside and white inside. Wash the roots and eat with seal oil. They can cook them too.

Baker Ningalook.

Pussy Willow Greens (Sourah)

Pussy willow greens grow on little bushes on the ground. We pick them when they begin to grow and when they start getting green. After picking, store them in a small poke or a can.

Augustine Tocktoo.



C.B.

Evee yak'luk (greens)

(17)

This plant grows in wet places. Pick the leaves, wash them and put them into a poke with Nazak Kmeekta. Add some water. Store them for winter use.



Bert Kuzuguk.

Meloogutdut

We pick the green leaves in summer. Some of the leaves are good. We put into the poke for winter. We put nazakmeetak and water into poke with them.



Doreen  
Avessuk

Pumme-yutut

This is a low plant which grows on the ground away from the shore. The leaves are green and reddish green. We use the stems and leaves. We eat them with seal oil. Sometimes we put them with sourah.



Christine Barr.

(18)

Meats

Baby Birds (ducks)

Take feathers off from baby birds, clean and wash. Cook them in plenty water. Add salt as much as you want.

Bert Tocktoo.

Owl

Take feathers off from owl. Clean owl and put in cooking pot. Have lots of water in pot. Add salt to taste.

Bert Tocktoo.

Ducks

First take the feathers off from the ducks then cut the ducks. After the cutting is finished, wash them and put them into a cooking pot. Add salt as much as you want. Then boil. Soup may also be made from the ducks.

Bert Tocktoo.

(19)

Loon

Take off feathers and clean the loon. Wash and put into cooking pot with plenty of water. Add salt to taste. Do not make the loon soup.

Bert Tocktoo.

Rabbits

Take off fur from rabbits and clean them. Cut them up and wash. Put into cooking pot, adding plenty of water, and salt to taste. Boil about half an hour.

Wilfred Obruk.

Squirrels

Take fur off from squirrels and take out the small intestines. Clean. Put squirrels in cooking pot. Add salt as much as you want. Let them boil until done.

Bert Tocktoo.

(20)

### Ptarmigan

Take the feathers off the Ptarmigan. Cut the meat and wash so they won't have dirt or feathers on. Put in a pot with water and salt. Sometimes some people make soup of it. I think they like them best without soup.

Pauline Tocktoo.



### Ptarmigan Small Intestine

Cook the small intestines about 5 seconds in boiling water. Old men and women always want to eat them.

Alma Nayokpuk.

### Salted Ducks

Remove the feathers and clean ducks. Put a layer of ducks on bottom of barrel, cover with rock salt, then more ducks and more rock salt until barrel is filled and packed tightly. Use in winter time. Take ducks as many as needed, rinse off salt, let soak in water, changing the water until ducks lose salty taste.

Steward Tocktoo.

### Soured Seal Liver

(21)

Soured seal liver is made in the summer time. Place liver in enamel pot or dish and cover with blubber. Put in warm place for a few days until sour. Most of the boys and girls don't like it, except the grown-ups and old people. I don't like it either.

Agnes Kiyutelluk.

### Frozen Seal Liver

After they cut the seal, they always take the liver from the seal and lay it on a platter. They take it outdoors to freeze. When it freezes they always eat it with seal oil.

Pauline Tocktoo.

### Seal Liver Fried

Wash liver and cut into pieces. Put into frying pan, add salt and pepper and onion then fry.

Alma Nayokpuk

### Seal Liver Baked

Sprinkle seal liver with flour, salt and pepper. Fry in oven with little lard in pan.

Jennie Weyiouanna.

(22)

Bear Meat (roasted)

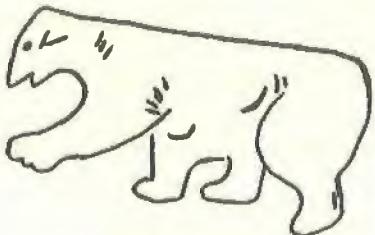
Cut bear meat into pieces. Add salt and pepper. Roast meat in oven adding a little lard to pan.

Johnnie Weyiouanna.

Bear Feet (Ee-tee-yait')

Most of the people like the bear feet better than the meat. We cook them well, add salt. Four feet would take about one teaspoon salt. Take them out of the pot and let them get cool. Eat them with seal oil.

Nellie Okpowruk



Roy Okie

Cooked and Dried Oogruk in Poke

(23)

Eskimos like seal oil with cooked meat and dried meats. We use some oogruk meat which has only dried a little on each side. Cook this for a short time. After it has cooked, cut in large pieces, set aside until other meat on rack is all dried. Remove blubber from poke, cut the dried oogruk into pieces the size of the cooked meat. Then some dried meat, some blubber and some cooked meat into poke, until filled.

Sarah Kokeuk.

Oogruk (fresh)

Cook the oogruk meat, adding salt. Boil it just a few minutes. Don't boil it too much. After it is boiled, remove it from cooking pot.

Steward, Morris, Bert.



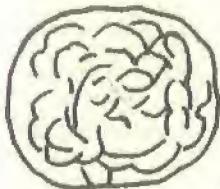
Dried Oogruk Meat

Cut up oogruk meat and hang on rack to dry. When the meat is dry, cut into pieces and put into poke with oogruk blubber.

Stewart Tocktoo.

(24)      Outside of Oogruk Small Intestine

Take the outside of small intestine and cook just a little bit until it is white. Cook with oogruk meat. Add salt. This is called Key-ok'.

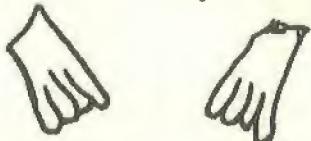


Agnes Kiyutelluk.

Oogruk Flippers (Ooshak)

Cut the flippers off from the oogruk. Put the flippers on the seal in fresh blubber. Let them stay there for about 2 weeks. Take the loose fur off the flipper. And then cut them in small pieces then eat the meat.

Raymond Seetomona.



Flippers (feet) of the oogruk.

Raymond Seetomona.

Seal

(25)

Seal is one of the most common kinds of food in this part of the country. We have three kinds of seal. The (hair seal) common seal, the spotted seal and ribbon seal. We use them for food and skins for clothing and mukluks. There aren't any fur seal up here.

Stephen Seetomona.



Seal Oil

Seal oil is made from the blubber or fat next to the skin of the seal. The blubber and skin is cut off the skin, cut into strips and stored in seal pokes or tins. If left where warm or during the summer, it renders itself. From this you have the seal oil.



Stephen Seetomona.

(26)

Seal Poke

The inside of the seal together with the head and all, is cut and taken out through the head part of the sealskin. The skin is then turned, cleaned and blown up for drying. This is then used to put the meats, berries, leaves or other foods for storing in winter.

Seal Meat (fresh)

Cut the meat into pieces. Put water in cooking pot, and add seal meat. Add salt to taste. Let boil.

Bert Tocktoo.

Seals Bare Feet (Seal Flippers)

Put the seals bare feet into a cooking pan. Cover them with blubber and keep in a hot place until the fur comes off. Then it is time to eat the seals bare feet. You can cook them or eat them without cooking.

Pauline Tocktoo

Alma Nayokpuk

Cooked Blubber

(27)

Old people always want to eat cooked blubber. First take pieces of seal blubber from poke. Put them into a cooking pan and pour hot water over them. Cook until the blubber oil has come out. Then eat the blubber.

Pauline and Alma

Seal Head (Neeyak!ook)

Skin the seal. Cut the head from the seal. Cut the heads into as small pieces as you can. Put into a pot of water, add salt. Boil plenty. When cooked, eat the meat. Break the skull and eat the inside of it.

Charles Moses

White Whale

Cut white whale in pieces and put into cooking pot. Add water and salt, and boil. Add the blubber inside the small intestine and cook.

Johnnie Weyiouanna

(28)

### Walrus Stew

Cut the walrus in small pieces and also cut the coke. Then put them together in the pot to boil. Add salt and water.

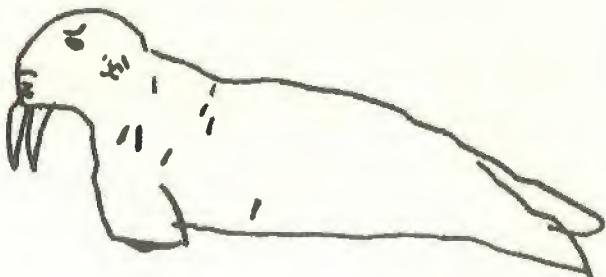
Thelma Olanna.

(coke - skin and blubber of walrus)

### Caribou (tooto) and gravy

Cut the caribou into small pieces. Add onion, salt and pepper. Cook in pan for 20 to 25 minutes. Mix flour and water together for thickening. Add to the cooked meat. Stir and cook 5 to 10 minutes more.

Nellie Kigrook  
Cape Espenberg.



Roy Okiss

Soup

(29)

### White fish soup

Cut white fish and wash it. Then put it into a pot and add water and salt. Boil it and then take off the bones. Make the fish into little pieces. Mix a little flour and water together, and add this to the fish. Add curry powder as much as you want.

Agnes Kiyutelluk.

### Oogruk Intestine Soup

Wash the intestine very carefully. Push the inside meat off the intestine with a spoon. Then take the meat out of the intestine and wash again. Cook it in a pot with water. Cut blubber into little pieces and put them into boil. Add salt.

Agnes Kiyutelluk.

### Shee Fish Soup

Cut shee fish and wash it, put them into a pot and add water and salt and onion and curry powder and catsup. Let them boil 30 minutes. Mix together flour and water and put in soup. Cook 15 minutes.

Nellie Kigrook

(30)

### Reindeer Soup

Cut small pieces of reindeer meat and put into cooking pot. Add water, salt, pepper and onion and two or three potatoes. Cook about an hour.

Thelma Olanna.

### Caribou (Tooto) Soup

Cut the caribou meat and wash it in water. Put into a clean pot. Add salt, pepper, onion, potato, rice or macaroni and Campbell's soup. Cook about an hour.

Nellie Kigrook.

### Ptarmigan Soup

Remove feathers from ptarmigan. Clean, wash and cut the meat. Put into cooking pot with the water and salt, onion and pepper and curry powder, also add rice and macaroni. Cook about 25 minutes.

Nellie Kigrook.



(31)

### Clam Soup

Put the clams in a pot of hot water. Take the clam shells out when they are open. Take the meat and wash it. Put the clams meat in a pot. Add water and salt. Bring to a boil; then add flour and water that has been mixed. Always stir.

Alma Nayokpuk

### Duck Soup

First take off the feathers of the duck. Wash the duck and cut into pieces. Put into cooking pan and pour hot water over it. Add salt, onion, potatoes, rice, macaroni and a can of vegetables.

Alma Nayokpuk.



(32)

### Eskimo Tea

We find Eskimo tea in hill, at Serpentine. They are little different than white men's tea. There's lots of them. Some people gather some for tea. They put them in kettle and let boil. Then pour the tea into cups and drink. They are dark green.

Stephen Seetomona.

### Sourdough Hot Cakes

Take a clean pot and put some water and sugar in. (I think you have to put yeast in it too) Sift the flour into the water and stir until it has no more flour lumps. Then let it stand over night until it gets soft and sour. Put some in a mixing bowl. Put in a little salt and soda to taste. And of course put lard on a frying pan. Then pour the sourdough in the frying pan, and let it stay until that side is cooked and flip it to the other side.

Raymond Seetomona.

Some of the sourdough batter is always kept as a starter for the next time. Then you don't need yeast.

### Doughnuts

(33)

1 teaspoon soda into sourdough and as much flour as you need. Sprinkle with little salt, then knead. Take one piece of the dough at a time, roll between hands, then make a hole in the middle with your finger. We melt the seal blubber. After it is melted we put doughnuts in it and cook them in the seal oil.

Elizabeth Tocktoo.

### Shortening

Eskimo make shortening from blubber. Melt the blubber in a pan to get the oil. This is good shortening for doughnuts.

Morris Kiyutelluk.

(34)

Eskimo FoodsDesserts

Cranberries (Kee-nee-nach)	4
Blueberries	4
Lincod Eskimo Ice Cream	4
Ahzeeach and Ah-lowe'kuk	4
Buegwak	5
Salmonberries and Blueberries	6
Ahpick (salmon berries)	6
Storing the salmon berries	6
Tomcod Liver (Tingood) & berries	5
Willow meats	7
Eskimo Ice Cream	8
Sue'-wok (dried salmon eggs)	8
Eggs (Duck or sea gull)	8

Fish

Conch (nogu'nut)	9
Tomcod (boiled)	9
White fish (boiled)	9
White fish (fried)	10
Salmon (fried)	10
Flounders (fried)	10
Herring (fried)	10
Salted Herring	11
Shee-fish (fried)	11
Boiled Meats	12
Bullheads (kahne-zoo'wuk)	12

(35)

## Flounders (baked)

12

## Frozen Flounders

12

## Dried Salmon

13

## Baked dried salmon

13

Greens

## Asal-kuk

14

## Na-zak'-meek-tak

14

## Ah-lowe-kuk (wild chard)

15

## Pick'nick (mouse food)

16

## Mazue (Eskimo Potato)

16

## Pussy Willow Greens (Sourah)

17

## Evee-yak'luk (greens)

17

## Meloogutdut

17

## Pumme-yutut

17

Meats

## Baby birds (ducks)

18

## Owl

18

## Ducks

19

## Loon

19

## Rabbits

19

## Squirrels

19

## Ptarmigan

20

## Ptarmigan Small Intestines

20

## Salted Ducks

20

## Seal Liver, Soured &amp; Frozen

21

## Seal Liver, Fried &amp; Baked

21

## Bear Meat (roasted)

22

(36)	Bear Feet (fresh)	22
	Dried Oogruk meat	23
	Oogruk (fresh)	23
	Cooked & Dried Oogruk in Poke	23
	Outside of Oogruk Small Intestines	24
	Oogruk Flippers (Ooshak)	24
	Seal	25
	Seal Oil	25
	Seal Poke	26
	Seal Meat	26
	Seals' bare feet (flippers)	26
	Cooked Blubber	27
	Seal Head	27
	White Whale	27
	Walrus Stew	28
	Caribou (Tooto) and gravy	28

Soups

White fish soup	29
Oogruk intestine soup	29
Reindeer soup	30
Caribou (Tooto Soup)	30
Ptarmigan soup	31
Clam soup	31
Duck soup	31
Eskimo Tea	32
Sourdough Hotcakes	32
Doughnuts	33
Shortening	33

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